

# PAGL View

## Consciousness

The only reality about us is consciousness. . . .<sup>(1)</sup>

*<sup>(1)</sup>BTD 8 Prepare Ye The Way; <sup>(3)</sup>BTD 57 The Living Soul; <sup>(4)</sup>BTD 34 Affectivity; <sup>(5)</sup>BTD 1 What is Man?; <sup>(6)</sup>BTD 19 Curtain of Fear; <sup>(7)</sup>BTD 22 The Natural, The Supernatural and The Spiritual; <sup>(8)</sup>BTD 32 The Riddle of the Sphinx; <sup>(9)</sup> BTD 23 Innocence; <sup>(10)</sup> BTD 43 Friction; <sup>(11)</sup> BTD 31 The Healing Environment; <sup>(12)</sup> BTD 28 The Nightmare Pill; <sup>(13)</sup> BTD 25 Safety; <sup>(14)</sup> The Soundless Music of Life; <sup>(15)</sup> OM 3 Sermon in the Flesh; <sup>(16)</sup> BTD 3 Thoughts and Feelings; <sup>(17)</sup> BTD 53 Compassion; <sup>(18)</sup> OM 1 One Mind; <sup>(19)</sup> BTD 11 He That Hath an Ear. . . ; <sup>(20)</sup> BTD 46 Origin of Man; <sup>(21)</sup> BTD 41 Alcoholism; <sup>(22)</sup> BTD 39 The Body; <sup>(23)</sup> Self-Transcendence; <sup>(24)</sup> BTD 14 Beyond Nothingness; <sup>(25)</sup> BTD 9 The Curtain of Time; <sup>(26)</sup> Healing Through Spiritual Understanding; <sup>(28)</sup> BTD 50 Decision or Commitment?*

### What and Where is Consciousness?

Consciousness is a unique faculty of man, enabling him to be aware of himself in a transcendent manner. Personhood implies self-existence, whereas an individual consciousness is an aspect of the divine consciousness.

#### Soul

Awareness is what religions call soul, and it is a synonym for consciousness. Soul is the faculty of awareness. This is the divine element in us. To fully appreciate it is very important, because until we have learned to appreciate the Divine in us, we are undeveloped and we live below

the level of our potentialities. . . . This is what we call being spiritually integrated and enlightened. We have an open and receptive consciousness where Divine Intelligence has the possibility of reaching us.<sup>(1)</sup>

In Metapsychiatry “Soul” is a word used to describe a non-dimensional entity which is alive, which was never born, and which never dies. . . It is a quality of consciousness attained through the process of studying and meditating on ultimate issues. When we realize that we are living Souls, we have beheld ourselves in the context of God. . . . The aim of Metapsychiatric study is to realize oneself as a living Soul. . . , which is the source of everything real and good and beautiful. All the spiritual qualities and ideas flow from God into this individual living Soul which we all are. When we say that everything and everyone is here for God, we mean that we are all living Souls at different levels of realization. . . . Therefore, we seek liberation in becoming aware of ourselves as God has created us. This process of liberation is the freedom to be what God wants us to be. <sup>(3)</sup>

#### Man is Consciousness

This leads us to the important discovery that man is not a perceptual organism relating himself to reality with his senses and with his feelings,

but that man is consciousness. Man is an individualized divine consciousness. And the quality of his consciousness determines his mode of being-in-the-world. The quality of our consciousness will determine what we see and how we interpret what we see, and what reactions we have to what is going on around us. Man, as an individualized aspect of divine consciousness, is capable of being aware of spiritual attributes and even expressing them. Joy, love, creative intelligence are qualities of consciousness and they are spiritual rather than organismic. To understand this is very helpful. For instance, if we misunderstand love and believe it to be an emotion, we can be subject to rapid changes of experience. Our love can quickly turn to hate and our joy into sorrow. If someone makes us feel good, we love him. If someone makes us feel bad, we hate him. Thus we are unstable. But real love is steadfast. It has no opposite. It is a quality of being which is focused on the good of God unconditionally. . . .<sup>(4)</sup>

#### Awareness

Existence is a quality of consciousness which is capable of observing itself, or of being aware of itself. So there is something about an existent (an individual who is capable

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## What and Where is Consciousness?

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of standing apart) who is aware of what he is doing and thinking. We are given this faculty of conscious awareness of self. . . . This is an interesting discovery in that, under normal circumstances, there seem to be two levels upon which our lives are taking place. Man seems to have this faculty and he can develop it even further. He can discover the “transcendent observer” within himself. <sup>(5)</sup>

When human consciousness awakens to Spiritual Reality, it comes into conscious at-one-ment with infinite Mind. This is also spoken of as Cosmic Consciousness. Here spiritual and aesthetic values govern man’s functioning, and life is a manifestation of the divine order. All things are governed by creative Love-Intelligence. <sup>(6)</sup>

Where is consciousness? Neurophysiology would locate consciousness in the brain, but we know that the brain does not really have consciousness; it is just a relay system. Therefore consciousness cannot be localized. Consciousness is not in the organism; the organism is in consciousness. Thus we go beyond the concept of personhood and endeavor to see one another as individual divine consciousnesses, and that is just another way of saying that man is the image and likeness of God. The only reality about us is consciousness. It is becoming more and more evident that consciousness survives the body. Therefore, the more clearly we shall understand ourselves as consciousness, the less afraid we shall be of dying. <sup>(1)</sup>

The spiritual is neither natural nor supernatural. It is a dimension of Reality which is neither sensory nor supersensory; it is not normal or paranormal or abnormal. It is a faculty of awareness, uniquely human, consisting of man’s inherent capability

of appreciating aesthetic and spiritual values and principles. Love, honesty, harmony, beauty, compassion, justice, freedom, joy, gratitude are neither natural nor supernatural. They are spiritual qualities belonging to the domain of Divine Reality. <sup>(7)</sup> We can have great appreciation of each other as individual manifestations of divine consciousness. <sup>(1)</sup>

The central fact of human existence is the quality of consciousness, and to understand human wholeness we must see it as consciousness which is in harmony with the Divine. To understand human wholeness we must consider the fact that this wholeness is entirely different from all other ideas of wholeness. The wholeness of man is attained when he is in conscious harmony with the Fundamental Order of Existence, which is Spirit, God, infinite Love-Intelligence. Interestingly enough, when we approach that state of realization, we find our health improving in every possible way — emotionally, mentally, physically, socially, economically, maritally, etc. which is proof positive of the fact that we are moving in the right direction. Metapsychiatry seeks to help people to attain or to approximate that kind of wholeness which we call conscious at-one-ment or union with God, infinite Love-Intelligence. Love and intelligence are basic qualities of God which man can realize, actualize, and express. <sup>(8)</sup>

## The Content of Consciousness

In order to understand consciousness it is helpful to distinguish between consciousness and the content of consciousness. Consciousness is the faculty which makes us capable of becoming aware of the content of our consciousness. Consciousness is the faculty of being aware of being aware. Progress on

the spiritual path essentially consists of an expanding faculty of awareness of the content of our consciousness and a growing ability to discriminate between valid and invalid ideas. <sup>(9)</sup>

One can be conscious of garbage. We can be conscious of many invalid thoughts. An unenlightened consciousness may have many mistaken and misguided ideas filling it and distracting it from what really is. <sup>(1)</sup>

Whatever thoughts we entertain in consciousness and communicate to the world will manifest themselves in corresponding experiences. They will not cause these experiences to happen, but they will manifest themselves as such experiences according to the principle of transmutation of energy. A thought as a seed of life is a unit of energy. <sup>(10)</sup>

Recently I read a quotation attributed to Albert Einstein, who in 1926 in a conversation with Heisenberg said: “Our theories determine what we shall observe in our experiments.” Thus even research in atomic physics cannot be said to be objective, but is mentally determined. The consciousness of the observer determines what will be seen. The experiments take place in a mental environment. Internalized values and thoughts determine perception. External reality is not objective. <sup>(11)</sup>

Man is not a person. He is an individual consciousness and this consciousness can be imbued with certain ideas. If these ideas are existentially valid, they manifest themselves in health, harmony, freedom, and fulfillment. If the ideas which fill an individual’s consciousness are invalid, he will find suffering and various forms of disturbed and frustrated ways of being-in-the-world. <sup>(1)</sup>

We are helped to become aware of the presence of certain invalid thoughts and thought patterns. This is a growth experience. . . . These invalid

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thought patterns can be replaced by valid ones. Whenever that takes place, a healing occurs. Not only does the problem disappear, but our consciousness has expanded and increased in its ability to discern its own content.<sup>(9)</sup>

We must understand that whether on an individual basis or on a national or international scale, whenever experiences are invited, it is not the person or persons who are doing it.

The real problem was and always is the existentially invalid thinking prevailing in consciousness. To repeat, it is always the existentially invalid thought, present in consciousness, which attracts corresponding experiences. It is always the thought which is the culprit. Mankind always has been and still is victimized by ignorance and by clinging to existentially invalid thoughts and mental images.<sup>(12)</sup>

## Improving the Quality of Consciousness

What determines the quality of our being? The quality of our being is determined by our state of consciousness. What determines the state of consciousness? Our state of consciousness is determined by the values we cherish.

It is not what others can do to us that is the problem, but what our own thoughts bring into experience. The enemy is not on the outside. It is in our own consciousness. We suffer the consequences of our own habits of thought rather than what other people do to us, or what conditions impose on us.<sup>(13)</sup>

How do we improve the quality of consciousness? If we would improve our consciousness we must learn to see life in an existentially valid context. The right perspective on Reality requires us to come to recognize the existence of God and our absolute contingency on and inseparability

from the divine context. Anyone who tries to understand man apart from God is sadly mistaken. So the process of Metapsychiatric therapy, focusing attention on the quality of consciousness, simultaneously helps people to understand God and themselves as a unity of man and God in an existentially valid way. Whatever enhances life is existentially valid, and the central issues of life are not emotions, feelings, and sensations, status, competition, jealousy, sex, or gender identity, but consciousness.<sup>(1)</sup>

## Freedom

There is a glorious sense of freedom in realizing that we do not have to believe anything, we do not have to accept anything, and we do not have to argue about anything. In fact, it will greatly facilitate understanding if we learn to dismiss these categories of thought altogether since they are quite irrelevant. The habit of thinking in these categories constitutes a static noise in consciousness, interfering with hearing the truth clearly. We have identified certain static noises existing in consciousness: interaction thinking, believing, disbelieving, trusting, mistrusting, accepting, rejecting, agreeing, disagreeing and operational thinking. All these constitute a noise factor in consciousness which prevents us from hearing the “soundless music of life” and discerning truth. But the list of static noises is not exhausted, there is more. . .

Unbeknownst to most of us, we are living in a mental prison. A prison is something that limits one’s freedom. But we are not talking about freedom of movement but about mental freedom, the freedom of the mind to understand and to be capable of inspired wisdom, to be capable of original thinking and of new insights. There is a prison which we have identified as the “six futile questions.” These six questions constitute the bars on our mental prison and they make it impossible to learn anything new, or to be inspired by original ideas. The mental noises

which we mentioned previously prevent us from understanding truth, but these six questions prevent us from receiving inspired wisdom, from being capable of coming up with new creative ideas and seeing something beyond the usual, the hitherto not discerned. The six questions are as follows:

1. What’s wrong?
2. How do you feel?
3. Why?
4. Who is to blame?
5. What should I do?
6. How should I do it?

When we ask, What’s wrong? we are focusing on the negative. When we ask, How do you feel? we are encouraging subjectivity. When we ask, Why? we are encouraging people to limit their mental horizon to cause and effect thinking. If we ask, Who is to blame? we are personalizing an issue. If we ask, What should I do? we encourage operationalism. The question, How should I do it? likewise encourages operationalism. Without realizing it, we have come to accept these standard questions as logical, intelligent, valid ways of approaching life situations. Our minds are pre-set. If we observe ourselves and our friends, we will find we are limiting our mental horizons by seeking answers to these questions. If we seek answers to these questions we shall never find anything beyond the conventional.

In Metapsychiatry we seek to liberate the mind from its semantic limitations acquired through years of miseducation. For we are born ignorant and when we go to school, we often become increasingly miseducated. Our mind develops a straightjacket of thinking, and our perceptivity is limited by the questions we have learned to ask.

To transcend these questions we must learn to ask two intelligent questions. These two intelligent questions will open the horizon of the

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mind wide and will make it possible to come up with answers hitherto unsuspected. What are these two intelligent questions? They are:

1. What is the meaning of what seems to be?
2. What is what really is?

These questions separate illusion from reality. These two questions open the doors of perceptivity and cognition. Thus we eliminate the static from our minds and we destroy the jailhouse of false semantics. <sup>(14)</sup>

With the help of these two questions anyone can learn to heal by becoming aware of the content of consciousness and improving it.

These two questions also reveal the tragic nature of the unawakened human consciousness, which is subject to enslavement by an endless variety of hypnotic suggestions so that man falls prey to dreams. When human consciousness is invaded by a dream, man becomes unaware of God and suffers the consequences. We are continuously victimized by dreams of a multifarious nature. <sup>(9)</sup>

Liberation is facilitated also by meditation: a stillness of consciousness where the nature of divine reality is discerned without interference from external or internal distracting stimuli.

In meditation truth takes over our consciousness to the exclusion of all other thoughts, desires, fantasies or imaginings. One of the benefits of meditation is that we learn to be aware of inspired, creative ideas reaching us from the divine Mind; thus we become familiar with that occurrence. Consequently, we can be more creative and intelligent in our daily pursuits. <sup>(14)</sup>

### Receptivity

And when we say God speaks to us, what do we mean? We mean that divine ideas “obtain” in consciousness. We become aware of receiving intelligent, loving, creative ideas, and these ideas are messages from God.

Everything, the whole universe, is nothing else but thoughts speaking about God. <sup>(15)</sup>

The word “obtain” has special interest for us, for it indicates a process of receptivity. Creative ideas are received into consciousness from a transcendent source. We speak of God as Cosmic Mind, the infinite source of creative ideas. <sup>(16)</sup>

What does it take to receive God’s thoughts? It takes humility, “shouldlessness,” interest, but, above all, being still. Being still means not trying to figure things out but waiting for God’s thoughts to reach consciousness. The universal Mind, which is Reality, is the source of a continuous flow of relevant, pertinent, intelligent, needed ideas, obtaining in consciousness, supplying every need, healing all hypnotism, and liberating from mental enslavement.

The qualities of forthrightness and humility are essential for receptivity to what we call God’s thoughts, or what God is thinking toward man. <sup>(17)</sup>

The soul begins to be aware of God’s presence as Consciousness. We reach a point of complete quietude, where there are no more thoughts, and we do not have to think about the One Mind—there is only a state of awareness which the Buddhists call “emptiness.” In this emptiness, God rushes in with a message or an idea, and we can then hear the soundless voice of God, speaking to whatever need happens to be before us at the time when we are meditating. And this soundless voice, this message from God, gives us an awareness of PAGL [Peace, Assurance, Gratitude, Love]. Armed with this awareness of PAGL, we can get up and face life in an effective way, assured that whatever problems we have had will eventually be solved. We can be healed—whatever has bothered us will be healed in that emptiness. <sup>(18)</sup>

Our spiritual selfhood is hidden from ourselves and from the world, because few suspect it. Few can really

## PAGL Foundation Announces New Book

**Book Five of the Encounters with Wisdom series** is now available from Amazon as a paperback and as a Kindle download. These transcripts of classes with Dr. Hora continue the series’ rich offerings of inspired insights.

understand it. It is a mysterious sense of identity beyond the comprehension of unenlightened man. It cannot be apprehended by the senses, but we can come to know it through the spiritual faculty of beholding. The beholder beholds his own true identity, which is devoid of all human influences. This is complete authenticity of being. . . . The living Soul is pure wisdom and love and individualized spiritual life. It cannot be visualized and we cannot draw a picture of it. If we try, we lose it. We cannot even think about it. We have to be aware of ourselves as nondimensional units of awareness. God is infinite Mind. Infinity has no dimensions. We cannot measure infinity. It is non-dimensional and everything in the context of infinite Mind is also non-dimensional. The human mind cannot conceive of anything non-dimensional. The human mind is an illusion, anyway. God is the Mind which makes it possible to be aware of Reality. Whatever can be imagined cannot be real. It is easy to kid ourselves that we are in touch with Reality when trying to visualize it.

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Dimensional reality can be thought of as a dream or a shadow. In order to be liberated from the problems of the phenomenal world, we have to reach a realization of non-dimensional Reality which is unimaginable but discernible spiritually.

### Spiritual discernment

The word “discernment” refers to a capacity to separate Reality from unreality. It is like separating the tares from the wheat. We are all familiar with the parable of the tares and the wheat (Matthew 13:24–30). When a farmer’s employees discovered tares in the field of wheat, they came to him and asked, “What shall we do? The whole field is infested with this poisonous weed and everything is lost.” But the farmer said, “Wait until harvest time. When the wheat ripens, then you will be able to discern the difference between the tares and the wheat and you will separate the two.” When we reach the harvest time of our spiritual development, then the faculty of discernment emerges in consciousness and we have the ability to separate Reality from unreality. . . . The faculty of beholding is the capacity to see Spiritual Reality. At this point we discover that we are living Souls, incorporeal non-dimensional spiritual identities, living in the context of infinite Mind. We are not dealing any more with images but with realizations of our individual places in that Reality. Interestingly enough, at that point our lives begin to improve in every direction. We harvest the blessings of expanded awareness of spiritual consciousness. Our understanding of ourselves as living Souls becomes evident in healings, both of our bodies and of our so-called “temperament,” as well as in our relationships with the world. Experiences become more harmonious. We find ourselves responding to daily challenges in more intelligent and effective ways. There is less strain in living. There

is increasing effectiveness and new blessings.<sup>(3)</sup>

### The Value of Prayer and Meditation

To enhance our receptivity to inspired wisdom, it is desirable to start out the day by prayer and meditation. This must be continued until PAGL is reached. PAGL — meaning peace, assurance, gratitude, and love — is the Metapsychiatric equivalent of an enlightened, i.e., spiritualized, consciousness. With that state of consciousness we can look forward to the day with confidence.

The human consciousness could be compared to a delicate musical instrument which must be kept in perfect tune if right musicianship is the aim. And if at any point it gets out of tune, one must stop all activity and retune the instrument. If in the course of the day we find ourselves disturbed, or out of sorts, or insecure, it is best to withdraw into prayer and meditation until PAGL is reestablished. A young lady reported the following: “My work consists of key punch operation, and all I know is how to put information into the terminal. I don’t understand the rest of the process at all. On several occasions I heard some inner voice speaking to me and urging me to ask about the correctness of the data before me. At first, I didn’t think much of it, but as it occurred repeatedly I started paying closer attention to it. It was like having an invisible supervisor talking to me. Later on, I started to hear this voice in consciousness in other areas of my life. And again, I was reluctant to pay attention to it. But later on I realized that this is a familiar experience and I began paying attention to it all the time, and thus I have come to know what inspired wisdom really is. I listen, I pay attention, I obey, and it helps me in every situation.”

Inspired wisdom is often referred to as intuition. This is but a conventional term for inspiration. However, most people tend to disregard it,

preferring to rely more on calculative, rationalistic reasoning: Intuitive insights and inspired wisdom are often in conflict with rational reasoning. Intuitive, inspired wisdom tends to override superficial logic and calculative thinking. If we are obedient and know how to hear, we can make decisions which seemingly make no sense at all, yet prove to be supremely intelligent and ingenious.

Of course, we are not talking about “hunches” and so called “gut feelings” and “brain storms,” which tend to be just subjective emotional preferences. We are talking about being in conscious awareness of infinite Mind’s promptings in the context of PAGL. The fifth principle of Metapsychiatry states: “God helps those who let Him.” This principle can be utilized consciously whenever choices and decisions confront us. To let God help us means to suspend all calculative thinking, anxiousness, and worried mental agonizing about what should be or what should not be. We need the courage which dares to “not know” in order to discern what God knows. The Oriental sages tell us that “knowing can come only from not knowing.” Therefore, willingness to not know can make us receptive to inspired wisdom.

To many this may seem like foolish passivity, or even irresponsible “do nothingness.” But, in fact, this is not negligence, or apathy, or passivity, or aggressiveness. It is “alert reverent responsiveness” which forms the basis of enlightened, creative, and intelligent decisiveness.<sup>(24)</sup>

## Stewards of Consciousness

The prayer of beholding endeavors to see spiritually in the mind’s eye what really is beneath what seems to be.

We are stewards of consciousness.

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It is our task to maintain the purity of our consciousness. The more we appreciate PAGL, the more intolerable it is to think and talk in critical ways about anyone. . . We think of ourselves as transparencies, or places, or consciousnesses, or presences. In all these conceptualizations of prayer the ego is put aside, and that is important. If our prayers contain a thought of what should be, it is a trespass; if it is an acknowledgment of what already is, then it is prayer.<sup>(19)</sup>

Divine consciousness gives us immunity against seduction, provocation, and intimidation. As long as we maintain an awareness of our true selfhood, we transcend the tendency to have human reactions to various stimuli, which are part of the everyday experience of unenlightened man.

Sometimes symptoms of illness can have an enticing effect on us and we are tempted to indulge ourselves in them. Sometimes they frighten us and sometimes they get us angry and upset. In every case we must quickly take refuge in divine consciousness and in this way we may learn to deal effectively, quickly, and competently with human problems.

The tragedy of the human experience is the universal tendency to judge by appearances, which results in a misperception of reality in which we have the impression that we are separated from God. If one were so enlightened as to know the truth of being perfectly, there would be no more need for prayer and meditation. Prayer and meditation are but endeavors to reestablish our sense of at-one-ment with God.<sup>(20)</sup>

There is only one remedy to all problems of man, and it is to return to that condition where life is lived in the original purity of consciousness. Man has a God-given power which is called "dominion." What does that mean? It means that we don't need to

resort to external means to manage our internal conditions. It is possible with this God-given power to manage our thought processes in such a way as to live in constant conscious awareness of peace, assurance, gratitude, love, freedom, wisdom, joy, beauty, goodness, and truth. We have the power to be spiritually-minded; we have the power to turn our interest in the direction of transcendent values. We are capable of inspired wisdom and creative intelligence. We can learn the art of management of our internal affairs.

What are the methods of attaining control over our internal affairs? They are prayer and meditation which includes "mind fasting," which means refraining from entertaining certain harmful thoughts and fantasies. Thus we see that prayer and meditation are not just forms of religious observance, but a method of survival. It is a mental hygiene technique par excellence. It is hard to imagine how anyone could survive without prayer and meditation. It is the most important thing to learn in life if we want to be healthy and effective. Without it we are at the mercy of all sorts of erroneous remedies which the world is constantly offering us. . . Healing requires getting to the point where one is willing to forsake all external remedies and turn with absolute sincerity toward internal remedies, which are spiritual. This process is facilitated through supportive guidance by experienced therapists who understand the dynamics of spiritual healing.<sup>(21)</sup>

### Mental Discipline

It is not possible to emphasize enough the importance of mental discipline. If we realize that nothing comes into experience uninvited, we clearly see how vitally important it is to discipline our thoughts and thereby gain dominion over what will be admitted into consciousness and what will not be permitted to take root in consciousness. Everything depends

on the quality of consciousness. God gave us the power to be stewards of our consciousness.

Sometimes it seems like a very hard struggle to give up pleasurable fantasies which provide, for instance, erotic sensations in various parts of the body. Interestingly enough, in most harmful thinking the issue is mostly physical sensation. No matter what kind of imaginings we are partial to, in the final analysis, what we are aiming at is some kind of special physical sensation. In other words, fantasies have one common denominator, namely, the confirmation of the physical self. If we do not understand the importance of spiritualized consciousness, we are forever hurting ourselves with our thoughts. The more pleasurable the thoughts, the more harmful they may be. Where a man's pleasure is there will his pain be also.

As mentioned above, mental discipline is not easily attained. It requires years of devotion and practice, plus a real, deep understanding of what it means to be a human being and what it means to be a spiritual being. Human beings are preoccupied with their physical sensations. . . . Discipline must not be confused with control. Control is based on "should" thinking which is willfulness. Discipline is based on wisdom, love, and understanding of what is good. "Discipline" is derived from the word "disciple." Discipleship means following the teachings of a master. When we love the wisdom of the master, we become naturally disciplined. . . . PAGL contrasts with physical sensation in that it is not short-lived, there is no let-down, and it is not pathogenic (illness producing). On the contrary, it is healing, harmonizing, health-promoting, inspiring, liberating. It is not an experience but a realization. To understand this difference is a great blessing, and the more clearly we understand this difference between being human and being spiritual, the

easier it will be to discipline our thoughts for the attainment of this realization.<sup>(22)</sup>

As we study, pray and meditate, every moment a little bit of understanding reaches our consciousness, and at that moment we are awake. If we cherish these moments and would like to be awake a little longer, we could contemplate perfect love. In the moment when we are able to be perfectly loving, we are awake. Through this discipline we get glimpses of Reality for longer and longer periods of time until we become habituated in it – and then we are dwelling in the secret place of the most High, in the land of PAGL.<sup>(23)</sup>

## Spiritualized Consciousness

Wisdom is not intellectual. Education cannot provide man with wisdom. A well-educated man may be well-informed, but he is not yet a wise man. He can become a wise man only if his consciousness is spiritualized. This makes him a different man, a man who is tuned in on a source of higher intelligence which is God. And the more he is tuned in on this intelligence, the more

creative, the more loving, the more harmonious and healthy he becomes. Interestingly enough, he becomes healthier not only emotionally and mentally, but also physically, and this is very important. Otherwise Metapsychiatry would have no justification for its existence.<sup>(16)</sup>

### Cosmic Consciousness

In the “ocean of Love-Intelligence,” man does not become callous, unfeeling, and intellectual; man becomes intelligent, infinitely compassionate, spiritually loving, serenely dignified, peaceful, assured, grateful, and harmonious. He lives in a different dimension of consciousness which transcends all psychology and other human systems. And that is what Metapsychiatry understands to be spiritual guidance.

The vast majority of people try to manipulate and conduct things in the “sea of mental garbage.” There are a great many pleasures in the “sea of mental garbage,” and there is a great deal of suffering and confusion there as well. . . .

Man, in the context of God, is revealed to be a manifestation of Love-Intelligence. God can also be spoken of as Cosmic Consciousness. The quality of this infinite Love-Intelligence is consciousness and

life itself. Cosmic Consciousness determines its infinite manifestations. Therefore, man is equipped with the capacity to be conscious. So infinite Cosmic Consciousness — which is the background — determines the foreground of an infinite variety of individualized consciousnesses. Man is a conscious expression of infinite Love-Intelligence. This is seeing man in the context of God.

It is a quality of being arrived at through a liberated consciousness. What is our consciousness to be liberated from? We need to be liberated from the narrow confines of conventional thinking. We are all prisoners of conventional thinking.”<sup>(25)</sup>

God has created a perfect universe, and everything in it is already perfect. When a healing takes place, or when we grow in our ability to discern non-dimensional reality, we begin to see that right where a problem seems to be, there is just perfection. This gives us the impression that a healing has taken place; really nothing needs to be healed except our ability to see, which is an unfolding process of consciousness. It is like when you draw a curtain, or a veil is removed and then you see an aspect of perfect creation.<sup>(26)</sup> ■

## Understanding leads to Commitment

Today, when we endeavor to maintain a constant conscious awareness of omniactive Mind as the governing power and principle of our lives, we may be challenged by apparently very intelligent and erudite people, and thought of as being superstitious, wishful thinkers. We may be judged as believing in magical incantations and religious shibboleths. The challenging questions and opinions of our skeptical friends must be taken seriously, and we must ask ourselves, “What evidence is there of the validity of our position? How can we be sure that we are on solid ground? Is there a way of understanding

and proving the validity of our claims? Is there a way of communicating, or even just attempting to explain? Are we just believers or wishful thinkers, or do we really understand something which to many others may seem absurd and illogical?”

Those of us on the spiritual path know full well that we came from the land of suffering, which we have identified as based on self-confirmatory ideation; and we move toward the land of peace, assurance, gratitude, and love, which we have found to be “God-confirmatory” enlightened consciousness. It is the

promised land of conscious awareness of omniactive Mind, the harmonizing principle of the universe.

So the answer to the skeptics consists of explaining the process of transformation of human consciousness and its beneficial consequences. It is no mystery. It is not superstitious belief. It is verifiable truth, available to any sincere seeker. With increasing understanding there is growing commitment. With growing commitment there is increasing understanding. This is a process of unfoldment rather than willed deciding.<sup>(28)</sup> ■

# PAGL Community News Listings

## PAGL Group Meetings

Ruth Robins maintains a private teaching practice for students of Metapsychiatry from her home in Connecticut. She can be reached at [Robinspagl@aol.com](mailto:Robinspagl@aol.com)

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PAGL Groups and private consultations with Nancy Rosanoff, available by phone and in person in Westchester County, NY.: [www.themetaview.com](http://www.themetaview.com); 914-930-7095; [nancy@rosanoff.com](mailto:nancy@rosanoff.com).

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Monthly PAGL Group on a selected Thursday of each month at 8 PM Eastern, with Bruce & Diana Kerievsky. For info: 609-662-4911 or [bruce.kerievsky@gmail.com](mailto:bruce.kerievsky@gmail.com). Diana is also available for private consultations by phone and by Skype.

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Susan von Reichenbach, an established student of Thomas Hora, and teacher of Metapsychiatry, leads regular META Classes (CT) as well as offering private spiritual guidance in Metapsychiatry ~ in person, by telephone or Skype. For more information or inquiries, please email [susan@theMetaWay.com](mailto:susan@theMetaWay.com), or

visit [www.theMetaWay.com](http://www.theMetaWay.com) or tel. 860.405.4044.

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PAGL Group Tuesday mornings in Greenwich, CT led by Susan Fisher. Individual Coaching/Teaching of Metapsychiatry available as well. Call 203-332-4890 for more information.

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Monthly PAGL Teleconference on the third Wednesday of every month at 6:30 PM Pacific time, 9:30 PM Eastern Time for 55 minutes. The meeting is led by Heather Brodhead, a spiritual guide in the practice of Metapsychiatry, who is also available for private consultation. For more information, contact Heather at: [hbrodhead@cox.net](mailto:hbrodhead@cox.net) or call (California): 805-898-9931.

## PAGL Resources

Donna Goddard's third book, *Love's Longing*, has now been published. It is based on the longing for spiritual love. Donna's studies with Dr. Hora many years ago formed her understanding of spiritual love. <http://donnagoddard.com/buy-books/>

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THREE META BOOKS: A set of two companion books to Metapsychiatry compiled by Susan von Reichenbach: "META Meanings," which defines Metapsychiatry's core ideas, its vocabulary, and juxtapositional method with examples; and "META Prayers and Principles," which is a collection (with elucidations) of what Hora called Meta's "guidelines to spiritual living;" also "METAtations," a small, verbatim treasury of wisdom words from Hora on diverse topics for contemplation. To view books, visit [www.theMetaWay.com](http://www.theMetaWay.com) or [www.amazon.com](http://www.amazon.com) To order directly, contact Reichenbach at [metabooks@metapsychiatry.info](mailto:metabooks@metapsychiatry.info) or by phone at 860-405-4044

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Metapsychiatry on TV ~ In The Listening Place's nine part television series, "Who am I? What is the Purpose of My Life?," Nancy Rosanoff interviews Ruth Robins about the core ideas of Metapsychiatry. If you would like to watch a free clip from the show, read the text of some interviews or purchase the DVD series, visit: [www.metapsychiatry.org](http://www.metapsychiatry.org)

## PAGL View

Is published by the PAGL Foundation and supported by its readers. It's purpose is to support the mission of the PAGL Foundation in making the teachings of Metapsychiatry available.

Robert Wieser, President: [Robert@PAGL.org](mailto:Robert@PAGL.org) • Bruce Kerievsky, Treasurer: [Bruce@PAGL.org](mailto:Bruce@PAGL.org) • Nancy Rosanoff, PAGL View Coordinator: [Nancy@PAGL.org](mailto:Nancy@PAGL.org)

PAGL View Committee: Nancy Rosanoff, Heather Brodhead and Bruce Kerievsky

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